## BLOOD PRESSURE SCREENINGS



Darien Library
1441 Post Road
1st Tuesday of the Month
12:00 Noon-1:30 PM

Darien Senior Center
30 Edgerton Street
1st Wednesday of the Month
10:00 AM-11:00 AM

Darien Town Hall
2 Renshaw Road
1st Tuesday of the Month
2:00 PM-3:00 PM

(Note time change)

## Know the facts about high blood pressure...

FACT: 1 of 3 American adults has high blood pressure.

FACT: Having high blood pressure increases one's chance for developing heart disease, stroke, & other serious conditions.

FACT: High blood pressure is easily detectable & can be controlled.

FACT: It is important to know your blood pressure & to check it regularly.

For more information about blood pressure screenings, contact Nursing & Home Care at (203) 762-8958.



A PARTNER WITH MID-FAIRFIELD HOSPICE

Bringing Healing and Comfort to Our Community